



MyHealthGuide

MALDABA
SOFTWARE DEVELOPMENT FOR HUMANS

Humber 
NHS Foundation Trust

Lorenzo Gordon



lorenzo@maldaba.co.uk

@mdblorenzo



www.maldaba.co.uk

 MyHealthGuide





“Over the years Matthew’s condition has deteriorated and, as a result, his care needs have shifted with time. Sometimes these changes are neither recorded correctly or heeded and serious problems can arise.”

Tony Prosser, Matthew’s Dad





MATTHEW PROSSER

A GUIDE TO MY LIFE AND CARE NEEDS





“We were in tears when we watched it as it paints a far better picture of Matthew’s life and needs than any amount of paperwork could achieve.”

Leanne Dixon,
One of Matthew’s Support Workers





Matthew's Book requires:

- Technology & Skills
- Time
- Slow Update Loop





How can everyone benefit like Matthew?





MALDABA
SOFTWARE DEVELOPMENT FOR HUMANS

Humber **NHS**
NHS Foundation Trust



 **MyHealthGuide**





My Health Guide Enables People To:

- Capture What Matters to Them
 - Text
 - Images
 - Audio
 - Video
- Share Information
- Communicate More Effectively





By providing technology that enables self-care and improved communication, My Health Guide aims to:

- Improve confidence and self-esteem of service users
- Improve daily activities, delivered by supported self-care
- Reduce number of engagement episodes





MyHealthGuide

February 2015

- Pilot with 4 users
- 1 discharged by Consultant Psychiatrist after 6 weeks.



The logo for MyHealthGuide features a green rounded rectangle. On the left, there is a white icon of an open book with a red cross on its cover. To the right of the icon, the text "MyHealthGuide" is written in a green, sans-serif font.

March 2016 – March 2017

- 12 month trial with 200 users
- Engagement across Trust and Care Partners
- Independent Audit by University of Hull Social Care Researchers
 - March 2016 – September 2016





Impact So Far:

- **5% Reduction in Service Utilisation***
- **80% of surveyed users said app added value to their lives****
- **89% of surveyed users intend to continue using app****



* Humber Trust data

** University of Hull data





People Use My Health Guide

- As a food diary
- To manage anxiety and depression
- To keep track of their diabetes
- To communicate regularly between where they sleep and where they spend their day
- To manage change





My Health Guide has applicability across multiple contexts:

- Autism
- CAMHS
- Dementia
- Service Transition
- Wherever there are vulnerable people with chronic conditions





For more information:

- www.myhealthguideapp.com
- hello@myhealthguideapp.com

